

Listing of the Claims:

The following is a complete listing of all the claims in the application, with an indication of the status of each:

1. (Currently amended) A handle assembly for use with a weight stack or resistance machine or device, comprising:

a handle, said handle being selected from the group consisting of at least a portion of a golf club, at least a portion of a softball bat, at least a portion of a baseball bat, at least a portion of a hockey stick, and at least a portion of a tennis racket;

a pulley connectable to a weight stack or resistance based machine or resistance device, said pulley being movable relative to said weight stack or resistance based machine or resistance device after connection to said weight stack or resistance based machine or resistance device;

a swivel connector associated with said pulley; and

a cord which passes through said pulley and is connected to said handle at two points separated along a length of said handle, said pulley being moveable along said cord to locations which are closer to or further from either of said two points, said handle being freely rotatable about a longitudinal axis passing through the handle and being freely shiftable, movable or turnable with said cord passing through said pulley during shifting, moving or turning, and said handle being able to be used to move said pulley relative to said weight stack or resistance based machine or resistance device subject to resistance from said weight stack or resistance based machine or resistance device.

2. (Original) The handle assembly as recited in claim 1 wherein said cord is made of rope.

3. (Original) The handle assembly as recited in claim 1 wherein said cord is made of rubber material.

4. (Original) The handle assembly as recited in claim 1 wherein said cord is or includes a metal cable.

5. (Original) The handle assembly as recited in claim 1 further comprising a protective sheath positioned over said cord at one or more locations.

6-10. (Canceled)

11. (Original) The handle assembly as recited in claim 1 wherein at least one of said two points where said cord and said handle are connected includes a member which encircles said handle and permits rotation of said handle within said member.

12. (Previously presented) The handle assembly as recited in claim 1 wherein said at least one of said two points where said cord and said handle are connected includes a washer assembly which fits within said handle and permits rotation of said handle relative to said washer assembly.

13-18. (Canceled)